

JAMWORKOUT HRMS Install and Implementation

BEFORE YOU BEGIN

Locate your SSID and Password.

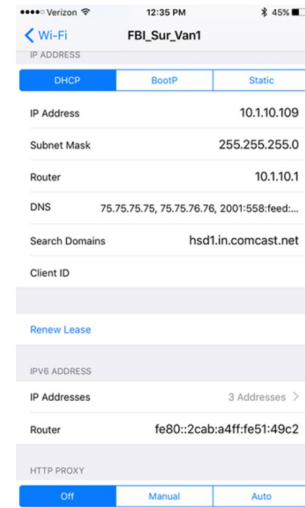
Be exact as both are case-sensitive.

On your computer.

Go to: settings-network and internet-wifi- hardware properties.

This will display your SSID.

Your password is the one you use to log in to your wifi.



GETTING STARTED

Connect to the [website](#).

<http://admin.jamworkout.com/auth>

Save this site to your desktop.

Username:

Password: password (will be changed during install meeting)

ENTERING DATA

Adding Staff:

Under Location.

Select edit.

2nd tab is Managers and Staff.

Select

+ Add New Staff/Manager

Fill out the form. Select position.

Add New User to save.

Please search or add new staff

Search User

Search user by name or email address ...

Or

First Name

Enter first name

Last Name

Enter last name

Nick Name

Enter nick name

Email Address

Enter email address

Password

Enter password

Retype Password

Enter confirm password

DOB

Enter date of birth

Gender

Please select

Company

Enter company name

Phone

{xxx} xxx-xxxx

Role

☐ Managers

☒ Staff

Add New User

Cancel and Close

Clear Form

SET DEFAULTS

Set defaults for assessments and motivational goals. 4th tab. DEFAULTS

#GA0002 JAM.FITNESS
Online

Dashboard

Users

Locations

Owners

Locations

Lanes

Display Devices

Device Logs

Subscriptions

Reports

Exercises

Community

Messages 140

Sign Out

Location: JAM.FITNESS #GA0002

DetailsManagers & StaffsClientsDefaultsAd ContentSocial MediaRewardsThird PartySign-up Form

Live HRHR Data

Interval Time150seconds

Break Time30seconds

Untimed Duration5minutes

Last Screen Duration30seconds

Default Video Swap Duration1seconds

Plan Video Swap Duration15seconds

Welcome Message Duration5seconds

How Frequently HR Summary Showseconds

How Long HR Summary Showseconds

Default Next Contact Duration7days

When a user is setting up their goal of how many times a week to come in and exercise?3 Days

How many weeks should it be between assessments?Each Month

How many weeks should it be between updating their Motivational Goals?Three Months

How many weeks should it be between updating their program plans?Each Month

☒ 24-hour club. Timer always running?

Set defaults for Social Media– Email -Phone -Website -Facebook – Instagram -etc.

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Live HRHR Data

Contact Details

Emailjamprosnick@gmail.com

Phone(770) 559-7555

URLhttp://jam.fitness/

Workout Status Email Share Options

☒ Facebook☒ LinkedIn☒ Twitter

Share Message

JAM! Checkout my workout {plan} at {club}

Short codes available:- {plan}: Plan Name, {client}: Client Name, {club}: Club Name

Workout Status Email 'Follow Us' Options

☒ JustAboutMeFITNESS☒ in/michael-prosnick-45☒ JustAboutMeFIT☒ UCufxrrqDp8qHDC0BTI

Enter instagram name

Save

ADD MEMBERS:

3rd Party linking: currently available to MindBody users.

Existing members to be added via conversion:

Gather the following data:

Full Name

Date of Birth

Gender

Weight

Email Address

HR Monitor ID

ADD A NEW MEMBER:

Users– List

+Add New Member

+ Add New Client

Managers	Staff	General User	Guest	Location Owner	Prospect
2	2	543	1	1	67

Fill out the form, include the HR Monitor ID.

Add New User for #GA0002 JAM.FITNESS

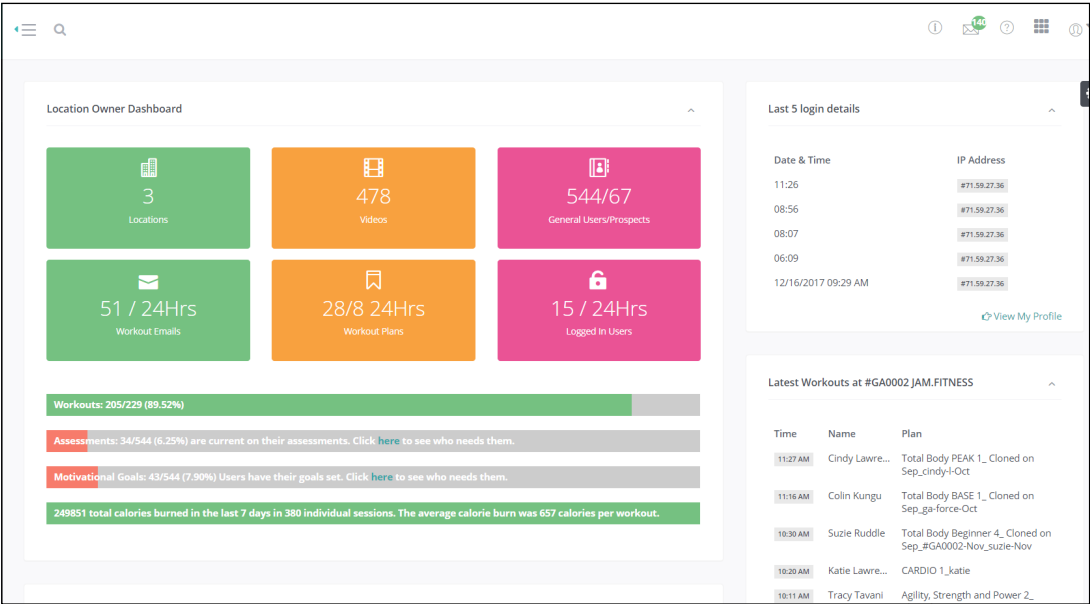
First Name	Enter first name	Last Name	Enter last name
Nick Name	Enter nick name	Email Address	Enter email address
Password	Enter password	Retype Password	Enter confirm password
Test Account <input type="radio"/> Yes <input checked="" type="radio"/> No		Company	
Phone	(xxx) xxx-xxxx	Alt Phone	Enter alternate phone number (xxx) xxx-xxxx
DOB	Enter date of birth	Gender	Decline to State
Address Line 1		Address Line 2	
City	Enter city	State	Please select
RFID for Bracelet	Enter your RFID for Bracelet	HR monitor ID	Enter your HR monitor ID
Role	General User	Level of fitness	Please select
Weight	Enter Your Weight	lbs	How did you hear about us
Height	Please select		Please select

Injuries
Please enter details

You are done. :)

REPORTS AND KPIS

Review the dashboard reports at a glance.



REPORTS:

Customer CRM

Search by:

- Need assessment
- Need goal
- Last Workout

Missing but not gone ▾

Never swiped

Missed last week

Missing but not gone

The lost souls

Missing RFID

Assessments

Goals

Workouts

New Members

Export the file to print or save.

Export as XLS

Export as PDF

Add a note or send a message.

Add Note

Send Message

Monthly Challenge

See the points/ leader board for monthly challenges.

Staff Notes:

See any notes that have been added to a members account.

MEMBER EDUCATION

Heart Rate Zones-

Make sure this is hung in a visible area.



Member Data to Drive Challenges.



Email Summaries

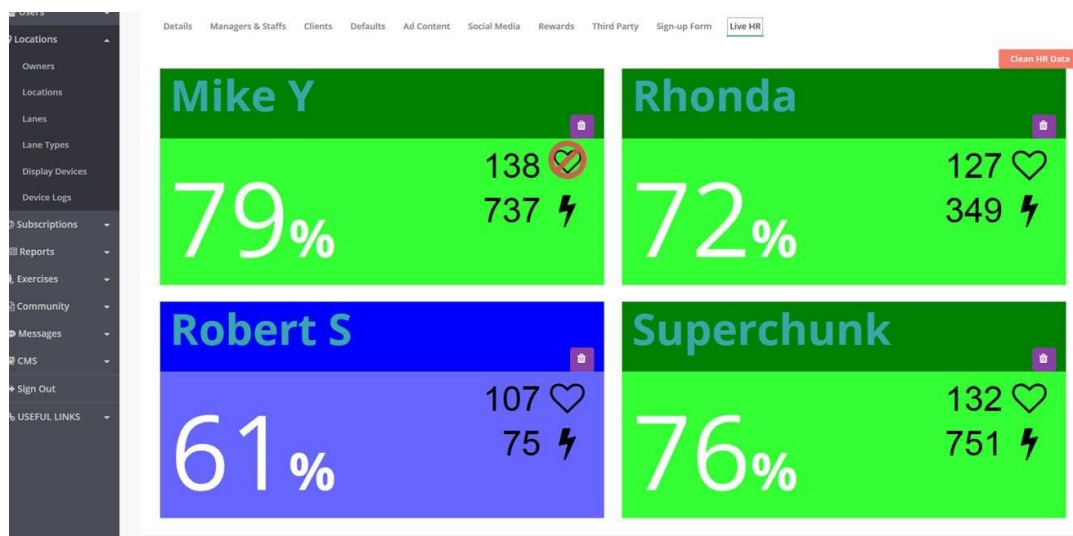


SETTING UP TEAM TRAINING

Under Locations:

Tab 10—Live HR

Individuals in the club for Team training will be listed. Select attendees and start.



THE MEMBER DASHBOARD

Members can add this to the home screen of their phones if desired.

A link to this site is sent when they are signed up.

Here they can track workouts, record assessments and set goals.

Training clients can add their trainers for accountability.

